

the flip it

bike interval workout

Start with an easy warm-up for 5 minutes, then do the first set of 5 sprint efforts. The interval is 1:30 easy/moderate cycling to 30s all-out ride like you stole something cycling. Short intervals mean you've gotta put in the work and make them worth it! After a progressive 5 minute hill climb, the interval flips so that you'll now get only 30s rest and 1:30 of hard cycling. Finish off with a 5 minute cool down.

	RPE (/10)
0:00 - 5:00 Build resistance every minute for 5 mins, maintaining 90-95 RPM.	4 to 6
5:00-15:00 5X: 1:30 moderate effort (RPE 90) 0:30 all-out sprint (+resistance, RPE 110)	5 9.5
15:00-20:00 5 min progressive climb. Add resistance each min, maintain RPM 75	7.5
20:00-30:00 5X: 0:30 moderate effort (RPE 90) 1:30 all-out sprint (+resistance, RPE 110)	5 9.5
30:00-35:00 5 min easy cool-down	7 to 4

Total: 35 mins